

Weekly Diabetes Update

11-16-07

1. **Funding opportunity:**

Vision Health: Developing an Integrative Approach for Promotion and Protection Grant. The Department of Health and Human Services, Centers for Disease Control and Prevention has issued a funding opportunity to fund research that will develop an effective comprehensive public health approach to address eye health promotion and vision loss prevention. Approximately \$1,000,000 will be available in fiscal year 2008 to fund approximately one award. For complete program details, please see the full announcement on the CDC website at <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=15922>.

2. **Celebrities Battling Diabetes**

ABC News online recognized World Diabetes Day with – among other things – a photo gallery of celebrities with diabetes. To view the pictures of these stars from the present and the past, go to <http://www.abcnews.go.com/Health/DiabetesResource/popup?id=3845204&contentIndex=1&page=1>.

3. **Diabetes Research News**

The Food and Drug Administration (FDA) did not take the diabetes drug Avandia off the market, but did require a “black box” warning stating the drug could cause heart attacks. To read the story posted at Reuters, go to <http://www.reuters.com/article/governmentFilingsNews/idUSN1421259820071114?sp=true>.

Ninety-two percent of older adults have to juggle more than one chronic condition in addition to their diabetes, according to a University of Michigan Health System/VA Ann Arbor Healthcare System study published in the December issue of *the Journal of General Internal Medicine*. The severity of the other chronic conditions affects diabetes management. For more information, see the press release on the University of Michigan’s website at <http://www.abcnews.go.com/Health/DiabetesResource/popup?id=3845204&contentIndex=1&page=1>.

More than sixty percent of people are subject to a complication of diabetes because they are wearing the wrong-size shoes, says a University of Dundee (Scotland) study published in the November 2007 issue of the *International Journal of Clinical Practice*. Read the press release online at http://www.eurekalert.org/pub_releases/2007-11/bpl-6od111307.php.

4. **DIABETES RATES ARE INCREASING AMONG YOUTH** **National Diabetes Education Program (NDEP) Introduces New Resources** **to Help Teens Manage the Disease**

While most children and young adults with diabetes have type 1, soaring obesity rates are making type 2 diabetes, a disease that used to be seen primarily in adults over age 45, more common among young people. To help young people diagnosed with diabetes and their parents, the National Diabetes Education Program (NDEP) is introducing a new series of tip sheets and an online quiz specially created for teens to help them manage their disease and reduce their risk for complications. NDEP is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

About 154,000 youth under age 20 have diabetes in the United States. According to data reported by the Centers for Disease Control and Prevention in 2006, one in 523 people younger than age 20 has diabetes. Among this group, 79 percent are aged 10 to 19 years.

NDEP's new "Tips for Teens with Diabetes" series, which encourages youth to take steps to manage their disease for a long, healthy life, includes topics such as "What is Diabetes?", "Be Active, Make Healthy Food Choices, Stay at a Healthy Weight, and Dealing with the Ups and Downs of Diabetes". NDEP also has a tip sheet addressing teens at risk for type 2 diabetes, called "Lower Your Risk for Type 2 Diabetes". In addition, NDEP has developed an interactive online quiz for teens with diabetes based on information found in the tip sheets, using a question-and-answer format, with direct links to the new series of tip sheets. All of the tip sheets are available at no charge from the NDEP.

The release of NDEP's new educational materials for teens and their parents coincides with National Diabetes Awareness Month in November. The new tools also support the 2007 World Diabetes Day campaign theme "Diabetes in Children and Adolescents," which raises awareness of the rising prevalence of type 1 and type 2 diabetes among youth around the world. World Diabetes Day, November 14, is sponsored by the International Diabetes Federation.

NDEP's new resources support youth with diabetes and their families to ensure their health and well-being now and into adulthood. For more information about NDEP's free resources for children and teens, visit < www.YourDiabetesInfo.org. > or call 1-888-693-NDEP (6337).

NDEP chair-elect Francine Kaufman, M.D., head of the Center for Diabetes, Endocrinology and Metabolism for the Children's Hospital of Los Angeles, is chair of the Youth Section for World Diabetes Day. Listen to an NIH Radio interview with Dr. Kaufman about diabetes in youth and World Diabetes Day at < <http://www.nih.gov/news/radio/nihpodcast.htm> >.

5. National Diabetes Education Program (NDEP) Featured in Podcasts

The National Institutes of Health <<http://www.nih.gov>> is developing a series of podcasts <http://www2.niddk.nih.gov/HealthEducation/Interactive_Health_Education_Tools.htm> as interactive tools you can use as additional diabetes education resources. The podcasts are digital recordings of NIH Research Radio broadcasts that are available for downloading to a personal audio recorder or a computer for your use.

NDEP is also promoting "A Pod a Day for Thirty Days," produced and hosted by the Centers for Disease Control and Prevention <<http://www.cdc.gov>> in recognition of National Diabetes Awareness Month. "A Pod a Day..." refers to daily podcasts that are brief audio programs used to deliver information, inspiration, and messages around diabetes prevention and control.

A new podcast will be unveiled every day throughout the month of November. Each podcast is based on existing NDEP materials <<http://www.ndep.nih.gov/diabetes/pubs/catalog>>.

To download and listen to the podcasts promoted during National Diabetes Awareness Month, click here <<http://www2a.cdc.gov/podcasts>>. You can enjoy the podcasts one at a time or sign up for the entire series and receive an alert each time a new one is posted.